

LESSON 2

Learning More From MyPlate

Student Learning Objective:

- Describe the federal dietary guidelines for teenagers, and the recommended amount of physical activity needed to achieve health benefits.

National Health Education Standard:

- Core Concepts

Lesson Synopsis

Review the messages from the video in Lesson 1. Examine the dietary guidelines for healthy eating and physical activity. Identify personalized guidelines for healthy eating and physical activity by using information from the MyPlate website. Summarize the lesson by noting any surprises in students' personal plans.



Teacher Note: Decide what method you will use to present this lesson. It is more effective for students to explore MyPlate on the website, either demonstrated by you or in a lab where they can explore the site directly. Choose one of these two options if possible. On the Time and Materials Chart, the materials you need are identified as used in Method #1 or #2. If a method is not noted, the item is needed for both methods. If no internet access is available, use Method #3 found in Appendix D.

Method #1 – Teacher Demonstration and Student Handouts: Use the Internet, a computer and LCD projector to access the MyPlate website in your classroom.

Method #2 – Computer Lab: Take your students to a computer lab with Internet access.

Method #3 – Student Handouts, Worksheets, and Resource Pamphlets: Conduct the lesson using “Method #3: Learning More From MyPlate,” found in Appendix D. This method does not require a computer or Internet access. You will need to refer to the pages following this lesson, or the Teacher Resources CD, for all worksheet and handout copy masters and for the teacher references.

Activity	Time	Materials Needed
Introduction	3 minutes	<ul style="list-style-type: none"> None
Input	20 minutes	<p>Health Education Resources</p> <ul style="list-style-type: none"> Poster Set: “MyPlate: Steps to a Healthier You,” Michigan Model for Health Clearinghouse <p>Teacher Manual Resources</p> <ul style="list-style-type: none"> Student Worksheet: “What’s Inside MyPlate” (Suggestion)

Input (continued)		<p>Supplied by the Teacher</p> <ul style="list-style-type: none"> • Samples of 1%, 2%, fat free, and soymilk (Extension Activity) • Samples of whole grain and refined grain bread (Extension Activity) • Computer with Internet access and a LCD projector • Pens or pencils (Suggestion; Extension Activity) • Writing paper (Extension Activity) • Art supplies (Extension Activity) • Magazines (Extension Activity) <p>Used in Method #2:</p> <ul style="list-style-type: none"> • Computer lab
Application	20 minutes	<p>Teacher Manual Resources</p> <ul style="list-style-type: none"> • Teacher Reference: "Daily Food Intake Pattern Calorie Levels" (Suggestion) • Teacher Reference: "Daily Food Intake Patterns" (Suggestion) • Student Handout: "Daily Food Plan Calorie Levels for 7th and 8th Grade Students" <p>Used in Method #1:</p> <ul style="list-style-type: none"> • Student Handout: "1600 Calorie Daily Food Plan" • Student Handout: "1800 Calorie Daily Food Plan" • Student Handout: "2000 Calorie Daily Food Plan" • Student Handout: "2200 Calorie Daily Food Plan" • Student Handout: "2400 Calorie Daily Food Plan" • Student Handout: "2600 Calorie Daily Food Plan" • Student Handout: "2800 Calorie Daily Food Plan" • Student Handout: "3000 Calorie Daily Food Plan"
Closure	2 minutes	<p>Teacher Manual Resources</p> <ul style="list-style-type: none"> • Student Worksheet, "Two Days in My Life" (from Lesson 1) • Family Worksheet: "Eating Healthy Foods at Home"
TOTAL	45 minutes	

Preparation

- Prior to the Lesson**
- **Decide what method** you will use to present this lesson. (See Lesson Synopsis)
 - **Review** the website www.ChooseMyPlate.gov. **Click** on "MyPlate" tab. Become familiar with the five food groups in preparation for explaining them during the Input section.
 - **Read** the student handout, "Daily Food Plan Calorie Levels for 7th and 8th Grade Students."

For Method #1: Teacher Demonstration and Student Handouts

- **Ask students their age and activity levels** if you are not using a computer lab. This information will tell you how many of each of the student handouts, "Daily Food Plans," to **duplicate**. These handouts will be used in the Application section of this lesson.
A computer lab or these handouts will be necessary for this lesson.

- For Input**
- **Display** the poster, "MyPlate: Steps to a Healthier You." Have the poster pieces stating the recommended amount of each food group ready to display later in the lesson.
 - **Duplicate** the student worksheet, "What's Inside MyPlate," for each student if you plan to use it. (Suggestion)

For Application

- **Duplicate** the student handout, “Daily Food Plan Calorie Levels for 7th and 8th Grade Students,” for each student.

For Method #1: Teacher Demonstration and Student Handouts

- **Duplicate** the appropriate student handouts, “Daily Food Plans,” based on your students ages and activity levels.

For Closure







- **Duplicate** the family worksheet, “Eating Healthy Foods at Home,” for students to take home and complete.

LESSON PROCEDURE

Introduction: Review the main messages from the video and introduce the lesson.

3 minutes

Instructional Steps	Script and Detailed Directions
Review the information learned during the previous lesson.	<p><i>Who can remember one of the main messages of the dietary guidelines?</i></p> <p>Answers:</p> <ol style="list-style-type: none">1. Maintain calorie balance overtime. Enjoy your food, but eat less.2. Focus on eating nutrient-dense foods and beverages.3. Cut down on solid fats and added sugars.4. Increase the calories you expend through physical activity. <p>Gather answers until all messages are given.</p> <p><i>How many food groups are there?</i></p> <p>Answer: five</p> <p><i>Who can name one?</i></p> <p>Call on students until all five food groups are named:</p> <ul style="list-style-type: none">• Grains• Vegetables• Fruits• Dairy• Protein Foods <p><i>What benefits of healthy eating and daily physical activity did we mention?</i></p> <p>Answers: any of the ideas suggested during the last lesson</p>
Introduce the lesson.	<p><i>Today we will continue to explore the MyPlate to find out how to decide what foods to eat and how to be physically active.</i></p> <p>Redistribute the folders if you collected them or ask students to get them out.</p>

Instructional Steps	Script and Detailed Directions
<p>Review MyPlate guidelines for nutrition.</p>	<p>Go to the MyPlate website at www.ChooseMyPlate.gov.</p> <p><i>We learned from the video that this website was created by health experts to explain our national guidelines for healthy eating and physical activity. This plate diagram represents those guidelines. Let's look inside the plate to learn all about it.</i></p> <p></p> <p>Use the student worksheet, "What's Inside MyPlate," if you want students to take notes on this presentation.</p> <p></p> <p></p> <p>Have students create their own booklet on the food groups and the recommendations found on MyPlate. The booklet could be created with words, magazine pictures, hand-drawn illustrations, or printed pages from the USDA website.</p> <p><i>We will begin by looking at each food group.</i></p> <p>Select the "MyPlate" tab and click on the Grains section and explain what students need to know about the grains group. Explain the difference between whole and refined grains. Click on "View the Grains Group Food Gallery" to show students portion sizes of commonly eaten foods from the grains group. Ask the students for additional examples of foods in the grains group.</p> <p></p> <p>Refer to the Appendix E, Ethnic Food Plates, and mention foods commonly eaten in other cultures for each food group. This is particularly important if you have a diverse student population. It is critical to include all students in the discussion of healthy eating. It can also increase awareness of other food possibilities.</p> <p></p> <p>With the increased interest in vegetarian diets, you may want to review Appendix F. It contains basic information on vegetarianism and examples of foods that can be selected from each food group. You may also want to explore the MyPlate website's resources on this topic. Visit the U.S. Department of Agriculture's website, www.ChooseMyPlate.gov. Click on "Healthy Eating Tips." Then, click on "Tips for Vegetarians." There is a link to a list of helpful resources at the bottom of the page.</p> <p></p> <p>Bring to class slices of whole grain bread and refined grain bread as you talk about the advantages of making half of the daily grains consumed whole grains.</p> <p>Click on the Vegetables section and explain what students need to know about the vegetables group. Explain the importance of eating a variety of vegetables from all five subgroups. Click on "View Vegetable Group Food Gallery" to show students portion sizes of commonly eaten foods from the vegetables group. Ask the students for additional examples of vegetables.</p>

Click on the Fruits section and explain what students need to know about the fruits group. Explain the importance of eating a variety of fruits and limiting fruit juice. Click on “View Fruits Group Food Gallery” to show students portion sizes of commonly eaten foods from the fruits group. Ask the students for additional examples of fruits.

Click on the Dairy section and explain what students need to know about the dairy group. Explain the importance of eating or drinking fat-free or low-fat products. Click on “View Dairy Group Foods Gallery” to show students portion sizes of common foods and beverages from the dairy group. Ask the students for additional examples of foods in the dairy group.



Conduct a blind taste test of 1%, 2%, fat free, and soymilk. Ask students which tastes best and which has more fat. Be sure to follow your district’s policies related to food shared in the classroom.

Click on the Protein Foods section and explain what students need to know about the protein foods group. Explain the variety of foods in this group and the importance of eating low-fat options. Click on “View Protein Foods Group Food Gallery” to show students portion sizes of commonly eaten foods from the protein foods group. Ask the students for additional examples of foods from this group.

Click on “Oils.”

Oils are not a food group, but everyone needs to have a small amount of oil in their diet daily. Each of you need five to ten teaspoons a day. The exact amount depends on how many calories are recommended for you to consume. There is often enough oil in the foods you eat, so you probably don’t need to add more.

Explain the difference between oils and solid fats. Explain trans fats. If you want to discuss oils in more detail, also click on the hot link “solid fats” and the sidebar titled “How are oils different from solid fats?” Ask the students for additional examples of foods that are high in oils and fats.

Review MyPlate guidelines for physical activity.

*MyPlate recommends something else that helps us have energy and stay healthy. **Stand up if you think you know what it is.***

Call on a student to give the answer: physical activity.

Click on “Physical Activity” tab.

Discuss what is meant by physical activity. Explain the importance of getting 60 minutes of physical activity daily as a teen. Most of the 60 minutes should be either moderate- or vigorous-intensity aerobic physical activity, and 3 days a week should include:

- vigorous-intensity physical activity.
- muscle-strengthening activities, like climbing.
- bone-strengthening activities, like jumping.


Children and adolescents are often active in short bursts of time rather than for sustained periods of time, and these short bursts can add up to meet physical activity needs.





Ask students to identify additional types of physical activity.

Explain empty calories.	<p>Click on “Weight Management & Calories” tab. Select “Calories.” Click on “What Are Empty Calories?”</p> <p>Explain that “empty calories” are calories from solid fats and/or added sugars. Solid fats and added sugars add calories to the food but few or no nutrients. For this reason, the calories from solid fats and added sugars in a food are often called empty calories.</p> <p>The foods and beverages that provide the most empty calories for Americans are:</p> <ul style="list-style-type: none"> • Cakes, cookies, pastries, and donuts (contain both solid fat and added sugars) • Sodas, energy drinks, sports drinks, and fruit drinks (contain added sugars) • Cheese (contains solid fat) • Pizza (contains solid fat) • Ice cream (contains both solid fat and added sugars) • Sausages, hot dogs, bacon, and ribs (contain solid fat) <p>In some foods, like most candies and sodas, all the calories are empty calories. A small amount of empty calories is okay, but most people eat <i>far more</i> than is healthy.</p>
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Application: Identify personalized recommendations for healthy eating and physical activity.




20 minutes

Instructional Steps	Script and Detailed Directions
Identify recommendations for healthy eating for a typical physically active seventh or eighth grade student using the MyPlate website.	<p>Demonstrate how to use the website to get a personalized plan for a typical 7th or 8th grade student. Log onto www.ChooseMyPlate.gov. Click on “SuperTracker & Other Tools” tab at the top of the page. Select “Daily Food Plans.” Click on the “Daily Food Plan” link displayed in the first paragraph or above each chart.</p>  <p>If you are in a computer lab, have the students watch as you demonstrate each step. If you are not in a computer lab, project the pages as described.</p> <p><i>This page allows each of us to create our own personalized Daily Food Plan. It will tell us how much to eat from each of the five food groups. I will show you an example first.</i></p> <p><i>I will enter information for a 13-year-old male who gets the recommended 60 minutes or more of physical activity each day. Although you can enter your height and weight if you like, it is not required.</i></p> <p>Enter the information and click on the “Submit” button. Read the information that is displayed, emphasizing that this student should eat a 2600 calorie diet and explain how much should be eaten from each food group.</p> <p>Click on the right side of the page, “Click here to view and print a PDF version of your results,” to show the students a printable copy of the MyPlate plan.</p>

<p>Compare recommendations for healthy eating for a typical seventh or eighth grade student who is less physically active using the MyPlate website, the student handout, “MyPlate Calorie Levels for 7th and 8th Grade Students,” and the poster pieces from the poster set, “MyPlate: Steps to a Healthier You.”</p> 	<p><i>Now let’s see what happens if this student only gets 30 to 60 minutes of physical activity each day.</i></p> <p>Use the back button and change the information to “30-60 minutes of physical activity” per day. Read the information that is displayed, emphasizing that this student should eat a 2200 calorie diet and explain how much less should be eaten from each food group.</p> <p><i>Now let’s compare this to the same student again, but let’s see what happens if he gets less than 30 minutes of physical activity each day.</i></p> <p>Use the back button and change the information to “less than 30 minutes of physical activity” per day. Read the information that is displayed, emphasizing that this student should eat a 2000 calorie diet and explain how much less should be eaten from each food group.</p> <p>Distribute the student handout, “Daily Food Plan Calorie Levels for 7th and 8th Grade Students.” Post the recommended amount of food and beverages for each group from the poster set, “MyPlate: Steps to a Healthier You.”</p> <p><i>This handout shows how calorie needs change based on age, gender, and physical activity. If your physical activity changes, what must you change if you want to maintain a healthy weight?</i></p> <p>Answer: You must reduce the amount of food you eat each day if you are less active. You must eat more healthy food if your activity level increases.</p>
<p>Explain the difference in calorie recommendations for males and females.</p>	<p><i>On your handout, look at the recommended number of calories for a male who is 13 years old and moderately active. Now look at the recommended number of calories for a female who is 13 years old and moderately active. They are different.</i></p> <p><i>Up to age 9 or 10, the calorie recommendations for males and females are about the same. Then a person’s body changes. Males begin to develop muscles and need more calories. As they get taller and their body mass becomes larger than females, their bodies demand more calories to have the energy to move and grow.</i></p>
<p>Create personalized Daily Food Plans using the ChooseMyPlate.gov website or the student handouts, “Daily Food Plans.”</p> 	<p>Method #2: Now you can look up your own personalized healthy eating recommendations on MyPlate.</p> <p><i>Go to www.ChooseMyPlate.gov and enter your personal information, including your height and weight if you know it. Click on the “Submit” button at the bottom of that page. Next, click on the right side of the page where it says, “Click here to view and print a PDF version of your results.” Click on print to get your printed copy of your MyPlate plan. Once you have your printed plan, please close your computer program and give me your attention.</i></p> <p>Method #1: If you are not able to conduct this class in a computer lab, display the website in the classroom using an LCD projector and provide the students with the correct student handout, “Daily Food Plans,” for his or her age and activity level.</p>  <p>Refer to the teacher references, “Daily Food Intake Pattern Calorie Levels” and “Daily Food Intake Patterns” to guide students as they interpret their personalized calorie and food intake needs.</p> 

Closure: Summarize the lesson by noting any surprises in students' personal plans and preview the next lesson.

2 minutes

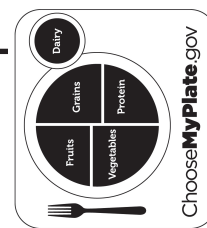
Instructional Steps	Script and Detailed Directions
Signal if students were surprised by their personal plan.	Show me a thumbs up if you were surprised by any of the information on your personal plan.
<p>Remind students of their homework assignments</p> <p>Remind students of the student worksheet, "Two Days in My Life."</p>  <p>Distribute the family worksheet, "Eating Healthy Foods at Home."</p> 	<p><i>Remember. You have three homework assignments from our previous lesson. I am also going to add a fourth.</i></p> <ol style="list-style-type: none"> <i>Please collect and bring in as many food packages as you can. We will use them in future lessons.</i> <i>If you are near a restaurant, stop in and ask if they have a nutrition content pamphlet you can have. Many chain restaurants also have nutrition information online. Download information from your favorite restaurant, print it, and bring it to class.</i> <i>Keep a log of your eating and physical activity for two days. Record everything you eat and drink as well as all your physical activity on your worksheet. It is due (date of Lesson 3).</i> <i>Complete the family worksheet and talk with an adult family member or other trusted adult about your answers. Have the person you talked with sign the paper. Sign the paper yourself and bring it back to class for your folder.</i>  <p>Ask students to bring foods to class that are under 100 calories so that classmates can try them. This is an extension activity in Lesson 6 and reinforces use of food labels. Be sure to follow your district's policies related to food shared in the classroom.</p> <p>Collect the students' folders or ask students to bring them to each class.</p>
Introduce the next lesson on personal application of MyPlate guidelines.	<i>In our next health lesson, you will explore how to use your personal plan to improve your eating and physical activity.</i>





What's Inside MyPlate

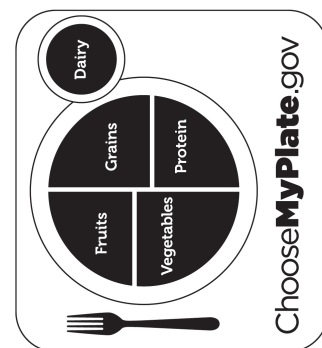
Food Group	General Recommendation	Examples of Foods in This Group	Determining How Much	Other Questions or Comments
Grains			How much is one ounce?	What is the difference between whole grains and refined grains?
Vegetables			How much is one cup?	
Fruits			How much is one cup?	
Dairy			How much is one cup or its equivalent?	
Protein Foods			How much is one ounce?	





General Recommendation	Examples of Oils	Determining How Much	Other Questions or Comments
<p>Oils</p> <p>NOT A FOOD GROUP – BUT NEEDED FOR HEALTH</p>		Approximately five to ten teaspoons daily depending on how many calories are recommended for you to consume. There is often enough in the foods you eat without adding more.	What is the difference between oils and solids fats?

General Recommendation	Examples of Moderate or Vigorous Activities	Why Is Daily Physical Activity Important?	Other Questions or Comments
<p>Physical Activity</p>			

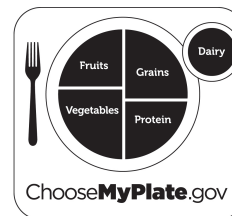




Daily Food Plan Calorie Levels for 7th and 8th Grade Students

Directions:

1. First, look at the chart that matches your gender, male or female.
2. Next, find your age.
3. Next, find your activity level.
4. Then, learn how many calories you should eat each day.



Females

Calorie Levels

Age	Activity Levels		
	Sedentary*	Moderately Active**	Active***
12	1600	2000	2200
13	1600	2000	2200
14	1800	2000	2400
15	1800	2000	2400

Males

Age	Activity Levels		
	Sedentary*	Moderately Active**	Active***
12	1800	2200	2400
13	2000	2200	2600
14	2000	2400	2800
15	2200	2600	3000

* Sedentary means you get less than 30 minutes a day of moderate physical activity in addition to daily activities.

** Moderately Active means you get 30 to 60 minutes a day of moderate physical activity in addition to daily activities.

*** Active means you get 60 minutes or more a day of moderate physical activity in addition to daily activities.



1600 Calorie Daily Food Plan

Based on the information you provided, this is your daily recommended amount for each food group.



GRAINS
5 ounces



VEGETABLES
2 cups



FRUITS
1 1/2 cups



DAIRY
3 cups



PROTEIN FOODS
5 ounces

Make half your grains whole

Aim for at least **3 ounces** of whole grain a day

Vary your veggies

Aim for these amounts **each week:**

Dark green veggies
= 1 1/2 cups

Red & orange veggies
= 4 cups

Beans & peas
= 1 cup

Starchy veggies
= 4 cups

Other veggies
= 3 1/2 cups

Focus on fruits

Eat a variety of fruit

Choose whole or cut-up fruits more often than fruit juice

Get your calcium-rich foods

Drink fat-free or low-fat (1%) milk, for the same amount of calcium and other nutrients as whole milk, but less fat and Calories

Select fat-free or low-fat yogurt and cheese, or try calcium-fortified soy products

Go lean with protein

Twice a week, make seafood the protein on your plate

Vary your protein routine—choose beans, peas, nuts, and seeds more often

Keep meat and poultry portions small and lean

Find your balance between food and physical activity

Be physically active for at least **60 minutes** each day.

Know your limits on fats, sugars, and sodium

Your allowance for oils is **5 teaspoons** a day.

Limit Calories from solid fats and added sugars to **120 Calories** a day.

Reduce sodium intake to less than **2300 mg** a day.

Your results are based on a 1600 Calorie pattern.

Name: _____

This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.



1800 Calorie Daily Food Plan

Based on the information you provided, this is your daily recommended amount for each food group.



GRAINS
6 ounces



VEGETABLES
2 1/2 cups



FRUITS
1 1/2 cups



DAIRY
3 cups



PROTEIN FOODS
5 ounces

Make half your grains whole

Aim for at least **3 ounces** of whole grain a day

Vary your veggies

Aim for these amounts

each week:

Dark green veggies

= 1 1/2 cups

Red & orange veggies

= 5 1/2 cups

Beans & peas

= 1 1/2 cups

Starchy veggies

= 5 cups

Other veggies

= 4 cups

Focus on fruits

Eat a variety of fruit

Choose whole or cut-up fruits more often than fruit juice

Get your calcium-rich foods

Drink fat-free or low-fat (1%) milk, for the same amount of calcium and other nutrients as whole milk, but less fat and Calories

Select fat-free or low-fat yogurt and cheese, or try calcium-fortified soy products

Go lean with protein

Twice a week, make seafood the protein on your plate

Vary your protein routine—choose beans, peas, nuts, and seeds more often

Keep meat and poultry portions small and lean

Find your balance between food and physical activity

Be physically active for at least **60 minutes** each day.

Know your limits on fats, sugars, and sodium

Your allowance for oils is **5 teaspoons** a day.

Limit Calories from solid fats and added sugars to **160 Calories** a day.

Reduce sodium intake to less than **2300 mg** a day.

Your results are based on a 1800 Calorie pattern.

Name: _____

This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.



2000 Calorie Daily Food Plan

Based on the information you provided, this is your daily recommended amount for each food group.



GRAINS
6 ounces



VEGETABLES
2 1/2 cups



FRUITS
2 cups



DAIRY
3 cups



PROTEIN FOODS
5 1/2 ounces

Make half your grains whole

Aim for at least **3 ounces** of whole grain a day

Vary your veggies

Aim for these amounts

each week:

Dark green veggies

= 1 1/2 cups

Red & orange veggies

= 5 1/2 cups

Beans & peas

= 1 1/2 cups

Starchy veggies

= 5 cups

Other veggies

= 4 cups

Focus on fruits

Eat a variety of fruit

Choose whole or cut-up fruits more often than fruit juice

Get your calcium-rich foods

Drink fat-free or low-fat (1%) milk, for the same amount of calcium and other nutrients as whole milk, but less fat and Calories

Select fat-free or low-fat yogurt and cheese, or try calcium-fortified soy products

Go lean with protein

Twice a week, make seafood the protein on your plate

Vary your protein routine—choose beans, peas, nuts, and seeds more often

Keep meat and poultry portions small and lean

Find your balance between food and physical activity

Be physically active for at least **60 minutes** each day.

Know your limits on fats, sugars, and sodium

Your allowance for oils is **6 teaspoons** a day.

Limit Calories from solid fats and added sugars to **260 Calories** a day.

Reduce sodium intake to less than **2300 mg** a day.

Your results are based on a 2000 Calorie pattern.

Name: _____

This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.



2200 Calorie Daily Food Plan

Based on the information you provided, this is your daily recommended amount for each food group.



GRAINS
7 ounces



VEGETABLES
3 cups



FRUITS
2 cups



DAIRY
3 cups



PROTEIN FOODS
6 ounces

Make half your grains whole

Aim for at least
3 1/2 ounces
of whole grain a day

Vary your veggies

Aim for these amounts
each week:

Dark green veggies
= 2 cups

Red & orange veggies
= 6 cups

Beans & peas
= 2 cups

Starchy veggies
= 6 cups

Other veggies
= 5 cups

Focus on fruits

Eat a variety of fruit

Choose whole or cut-up
fruits more often than
fruit juice

Get your calcium-rich foods

Drink fat-free or low-fat
(1%) milk, for the same
amount of calcium and
other nutrients as whole
milk, but less fat and
Calories

Select fat-free or low-fat
yogurt and cheese, or
try calcium-fortified soy
products

Go lean with protein

Twice a week, make
seafood the protein on
your plate

Vary your protein routine—
choose beans, peas, nuts,
and seeds more often

Keep meat and poultry
portions small and lean

Find your balance between food and physical activity

Be physically active for at least **60 minutes** each day.

Know your limits on fats, sugars, and sodium

Your allowance for oils is **6 teaspoons** a day.

Limit Calories from solid fats and added sugars to **270 Calories** a day.

Reduce sodium intake to less than **2300 mg** a day.

Your results are based on a 2200 Calorie pattern.

Name: _____

This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.



2400 Calorie Daily Food Plan

Based on the information you provided, this is your daily recommended amount for each food group.



GRAINS
8 ounces



VEGETABLES
3 cups



FRUITS
2 cups



DAIRY
3 cups



PROTEIN FOODS
6 1/2 ounces

Make half your grains whole

Aim for at least **4 ounces** of whole grain a day

Vary your veggies

Aim for these amounts **each week:**

Dark green veggies
= 2 cups

Red & orange veggies
= 6 cups

Beans & peas
= 2 cups

Starchy veggies
= 6 cups

Other veggies
= 5 cups

Focus on fruits

Eat a variety of fruit

Choose whole or cut-up fruits more often than fruit juice

Get your calcium-rich foods

Drink fat-free or low-fat (1%) milk, for the same amount of calcium and other nutrients as whole milk, but less fat and Calories

Select fat-free or low-fat yogurt and cheese, or try calcium-fortified soy products

Go lean with protein

Twice a week, make seafood the protein on your plate

Vary your protein routine—choose beans, peas, nuts, and seeds more often

Keep meat and poultry portions small and lean

Find your balance between food and physical activity

Be physically active for at least **60 minutes** each day.

Know your limits on fats, sugars, and sodium

Your allowance for oils is **7 teaspoons** a day.

Limit Calories from solid fats and added sugars to **330 Calories** a day.

Reduce sodium intake to less than **2300 mg** a day.

Your results are based on a 2400 Calorie pattern.

Name: _____

This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.



2600 Calorie Daily Food Plan

Based on the information you provided, this is your daily recommended amount for each food group.



GRAINS
9 ounces



VEGETABLES
3 1/2 cups



FRUITS
2 cups



DAIRY
3 cups



PROTEIN FOODS
6 1/2 ounces

Make half your grains whole

Aim for at least **4 1/2 ounces** of whole grain a day

Vary your veggies

Aim for these amounts **each week:**

Dark green veggies
= 2 1/2 cups

Red & orange veggies
= 7 cups

Beans & peas
= 2 1/2 cups

Starchy veggies
= 7 cups

Other veggies
= 5 1/2 cups

Focus on fruits

Eat a variety of fruit

Choose whole or cut-up fruits more often than fruit juice

Get your calcium-rich foods

Drink fat-free or low-fat (1%) milk, for the same amount of calcium and other nutrients as whole milk, but less fat and Calories

Select fat-free or low-fat yogurt and cheese, or try calcium-fortified soy products

Go lean with protein

Twice a week, make seafood the protein on your plate

Vary your protein routine—choose beans, peas, nuts, and seeds more often

Keep meat and poultry portions small and lean

Find your balance between food and physical activity

Be physically active for at least **60 minutes** each day.

Know your limits on fats, sugars, and sodium

Your allowance for oils is **8 teaspoons** a day.

Limit Calories from solid fats and added sugars to **360 Calories** a day.

Reduce sodium intake to less than **2300 mg** a day.

Your results are based on a 2600 Calorie pattern.

Name: _____

This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.



2800 Calorie Daily Food Plan

Based on the information you provided, this is your daily recommended amount for each food group.



GRAINS
10 ounces



VEGETABLES
3 1/2 cups



FRUITS
2 1/2 cups



DAIRY
3 cups



PROTEIN FOODS
7 ounces

Make half your grains whole

Aim for at least **5 ounces** of whole grain a day

Vary your veggies

Aim for these amounts **each week:**

Dark green veggies
= 2 1/2 cups

Red & orange veggies
= 7 cups

Beans & peas
= 2 1/2 cups

Starchy veggies
= 7 cups

Other veggies
= 5 1/2 cups

Focus on fruits

Eat a variety of fruit

Choose whole or cut-up fruits more often than fruit juice

Get your calcium-rich foods

Drink fat-free or low-fat (1%) milk, for the same amount of calcium and other nutrients as whole milk, but less fat and Calories

Select fat-free or low-fat yogurt and cheese, or try calcium-fortified soy products

Go lean with protein

Twice a week, make seafood the protein on your plate

Vary your protein routine—choose beans, peas, nuts, and seeds more often

Keep meat and poultry portions small and lean

Find your balance between food and physical activity

Be physically active for at least **60 minutes** each day.

Know your limits on fats, sugars, and sodium

Your allowance for oils is **8 teaspoons** a day.

Limit Calories from solid fats and added sugars to **400 Calories** a day.

Reduce sodium intake to less than **2300 mg** a day.

Your results are based on a 2800 Calorie pattern.

Name: _____

This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.



3000 Calorie Daily Food Plan

Based on the information you provided, this is your daily recommended amount for each food group.



GRAINS
10 ounces



VEGETABLES
4 cups



FRUITS
2 1/2 cups



DAIRY
3 cups



PROTEIN FOODS
7 ounces

Make half your grains whole

Aim for at least
5 ounces
of whole grain a day

Vary your veggies

Aim for these amounts
each week:
Dark green veggies
= 2 1/2 cups
Red & orange veggies
= 7 1/2 cups
Beans & peas
= 3 cups
Starchy veggies
= 8 cups
Other veggies
= 7 cups

Focus on fruits

Eat a variety of fruit
Choose whole or cut-up
fruits more often than
fruit juice

Get your calcium-rich foods

Drink fat-free or low-fat
(1%) milk, for the same
amount of calcium and
other nutrients as whole
milk, but less fat and
Calories
Select fat-free or low-fat
yogurt and cheese, or
try calcium-fortified soy
products

Go lean with protein

Twice a week, make
seafood the protein on
your plate
Vary your protein routine—
choose beans, peas, nuts,
and seeds more often
Keep meat and poultry
portions small and lean

Find your balance between food and physical activity

Be physically active for at least **60 minutes** each day.

Know your limits on fats, sugars, and sodium

Your allowance for oils is **10 teaspoons** a day.
Limit Calories from solid fats and added sugars to **460 Calories** a day.
Reduce sodium intake to less than **2300 mg** a day.

Your results are based on a 3000 Calorie pattern.

Name: _____

This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.



Daily Food Intake Pattern Calorie Levels

MyPlate assigns Individuals to a calorie level based on their sex, age, and activity level.

The chart below identifies the calorie levels for males and females by age and activity level. Calorie levels are provided for each year of childhood, from 2-18 years, and for adults in 5-year increments.

MALES				FEMALES			
Activity level	Sedentary*	Mod. active*	Active*	Activity level	Sedentary*	Mod. active*	Active*
AGE				AGE			
2	1000	1000	1000	2	1000	1000	1000
3	1000	1400	1400	3	1000	1200	1400
4	1200	1400	1600	4	1200	1400	1400
5	1200	1400	1600	5	1200	1400	1600
6	1400	1600	1800	6	1200	1400	1600
7	1400	1600	1800	7	1200	1600	1800
8	1400	1600	2000	8	1400	1600	1800
9	1600	1800	2000	9	1400	1600	1800
10	1600	1800	2200	10	1400	1800	2000
11	1800	2000	2200	11	1600	1800	2000
12	1800	2200	2400	12	1600	2000	2200
13	2000	2200	2600	13	1600	2000	2200
14	2000	2400	2800	14	1800	2000	2400
15	2200	2600	3000	15	1800	2000	2400
16	2400	2800	3200	16	1800	2000	2400
17	2400	2800	3200	17	1800	2000	2400
18	2400	2800	3200	18	1800	2000	2400
19-20	2600	2800	3000	19-20	2000	2200	2400
21-25	2400	2800	3000	21-25	2000	2200	2400
26-30	2400	2600	3000	26-30	1800	2000	2400
31-35	2400	2600	3000	31-35	1800	2000	2200
36-40	2400	2600	2800	36-40	1800	2000	2200
41-45	2200	2600	2800	41-45	1800	2000	2200
46-50	2200	2400	2800	46-50	1800	2000	2200
51-55	2200	2400	2800	51-55	1600	1800	2200
56-60	2200	2400	2600	56-60	1600	1800	2200
61-65	2000	2400	2600	61-65	1600	1800	2000
66-70	2000	2200	2600	66-70	1600	1800	2000
71-75	2000	2200	2600	71-75	1600	1800	2000
76 and up	2000	2200	2400	76 and up	1600	1800	2000

*Calorie levels are based on the Estimated Energy Requirements (EER) and activity levels from the Institute of Medicine Dietary Reference Intakes Macronutrients Report, 2002.

SEDENTARY = less than 30 minutes a day of moderate physical activity in addition to daily activities.

MOD. ACTIVE = at least 30 minutes up to 60 minutes a day of moderate physical activity in addition to daily activities.

ACTIVE = 60 or more minutes a day of moderate physical activity in addition to daily activities.





Daily Food Intake Patterns

The suggested amounts of food to consume from the basic food groups, subgroups, and oils to meet recommended nutrient intakes at 12 different calorie levels. Nutrient and energy contributions from each group are calculated according to the nutrient-dense forms of foods in each group (e.g., lean meats and fat-free milk). The table also shows the empty calorie allowance that can be accommodated within each calorie level, in addition to the suggested amounts of nutrient-dense forms of foods in each group.

Daily Amount of Food From Each Group												
Calorie Level ¹	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Fruits ²	1 cup	1 cup	1.5 cups	1.5 cups	1.5 cups	2 cups	2 cups	2 cups	2 cups	2.5 cups	2.5 cups	2.5 cups
Vegetables ³	1 cup	1.5 cups	1.5 cups	2 cups	2.5 cups	2.5 cups	3 cups	3 cups	3.5 cups	3.5 cups	4 cups	4 cups
Grains ⁴	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq	6 oz-eq	6 oz-eq	7 oz-eq	8 oz-eq	9 oz-eq	10 oz-eq	10 oz-eq	10 oz-eq
Protein Foods ⁵	2 oz-eq	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq	5.5 oz-eq	6 oz-eq	6.5 oz-eq	6.5 oz-eq	7 oz-eq	7 oz-eq	7 oz-eq
Dairy ⁶	2 cups	2.5 cups	2.5 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
Oils ⁷	3 tsp	4 tsp	4 tsp	5 tsp	5 tsp	6 tsp	6 tsp	7 tsp	8 tsp	8 tsp	10 tsp	11 tsp
Empty calorie allowance ⁸	135	120	120	120	160	260	270	330	360	400	460	600

1 Calorie Levels are set across a wide range to accommodate the needs of different individuals. The attached table “Estimated Daily Calorie Needs” can be used to help assign individuals to the food intake pattern at a particular calorie level.

2 Fruit Group includes all fresh, frozen, canned, and dried fruits and fruit juices. In general, 1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit can be considered as 1 cup from the fruit group.

3 Vegetable Group includes all fresh, frozen, canned, and dried vegetables and vegetable juices. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group.

Vegetable Subgroup Amounts are Per Week												
Calorie Level	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Dark green veg.	.5 c/wk	1 c/wk	1 c/wk	1.5 c/wk	1.5 c/wk	1.5 c/wk	2 c/wk	2 c/wk	2.5 c/wk	2.5 c/wk	2.5 c/wk	2.5 c/wk
Orange veg.	2.5 c/wk	3 c/wk	3 c/wk	4 c/wk	5.5 c/wk	5.5 c/wk	6 c/wk	6 c/wk	7 c/wk	7 c/wk	7.5 c/wk	7.5 c/wk
Legumes	.5 c/wk	.5 c/wk	.5 c/wk	1 c/wk	1.5 c/wk	1.5 c/wk	2 c/wk	2 c/wk	2.5 c/wk	2.5 c/wk	3 c/wk	3 c/wk
Starchy veg.	2 c/wk	3.5 c/wk	3.5 c/wk	4 c/wk	5 c/wk	5 c/wk	6 c/wk	6 c/wk	7 c/wk	7 c/wk	8 c/wk	8 c/wk
Other veg.	1.5 c/wk	2.5 c/wk	2.5 c/wk	3.5 c/wk	4 c/wk	4 c/wk	5 c/wk	5 c/wk	5.5 c/wk	5.5 c/wk	7 c/wk	7 c/wk

4 Grains Group includes all foods made from wheat, rice, oats, cornmeal, barley, such as bread, pasta, oatmeal, breakfast cereals, tortillas, and grits. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or 1/2 cup of cooked rice, pasta, or cooked cereal can be considered as 1 ounce equivalent from the grains group. **At least half of all grains consumed should be whole grains.**

5 Protein Foods Group in general, 1 ounce of lean meat, poultry, or fish, 1 egg, 1 Tbsp. peanut butter, 1/4 cup cooked dry beans, or 1/2 ounce of nuts or seeds can be considered as 1 ounce equivalent from the meat and beans group.



6 Dairy Group includes all fluid milk products and foods made from milk that retain their calcium content, such as yogurt and cheese. Most milk group choices should be fat-free or low-fat. In general, 1 cup of milk or yogurt, 1 1/2 ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the dairy group.

7 Oils include fats from many different plants and from fish that are liquid at room temperature, such as canola, corn, olive, soybean, and sunflower oil. Some foods are naturally high in oils, like nuts, olives, some fish, and avocados. Foods that are mainly oil include mayonnaise, certain salad dressings, and soft margarine.

8 Empty Calorie Allowance is the remaining amount of calories in a food intake pattern after accounting for the calories needed for all food groups—using forms of foods that are fat-free or low-fat and with no added sugars.

Estimated Daily Calorie Needs

To determine which food intake pattern to use for an individual, the following chart gives an estimate of individual calorie needs. The calorie range for each age/sex group is based on physical activity level, from sedentary to active.

	Calorie Range	
Children	Sedentary →	Active
2–3 years	1,000 →	1,400
Females		
4–8 years	1,200 →	1,800
9–13	1,400 →	2,200
14–18	1,800 →	2,400
19–30	2,000 →	2,400
31–50	1,800 →	2,200
51+	1,600 →	2,200
Males		
4–8 years	1,400 →	2,000
9–13	1,600 →	2,600
14–18	2,000 →	3,200
19–30	2,600 →	3,000
31–50	2,400 →	2,800
51+	2,200 →	2,600

Sedentary means a lifestyle that includes only the light physical activity associated with typical day-to-day life.

Active means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

U.S. Department of Agriculture
Dietary Guidelines for Americans, 2010





Eating Healthy Foods at Home

Consider the food your family typically eats. Then create a menu for breakfast, lunch, dinner, and snacks for one day that would follow the MyPlate recommendations.

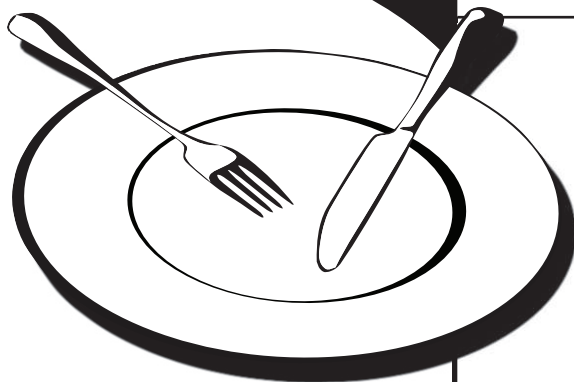
Our Menus for Healthy Eating

Breakfast

Lunch

Dinner

Snacks



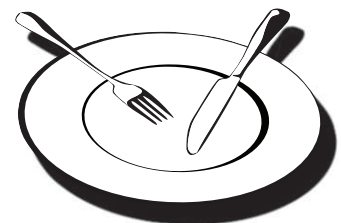


Examine your menus by answering these questions.

Are there healthy foods and beverages from the five food groups? Check “No” or “Yes.”
If you checked “Yes,” record the foods and beverages in the correct food group.

Food Group	No	Yes	List the Food and Beverages From This Group
Grain Group			
Are whole grains included?			
Vegetable Group			
Fruit Group			
Dairy Group			
Will low-fat or fat-free products be used?			
Protein Foods Group			
Are lean protein foods selected?			

If you cannot answer “Yes” to each question, what food or beverages should be included in order for your family to get important nutrients from all of the food groups?

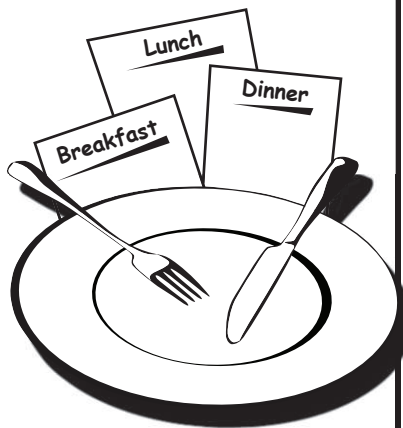




Do the menus limit foods that contain solid fats and added sugars?

Are the menus affordable for the family?

Are the menus fairly easy to prepare?



Will all the family members like the food and beverages selected?

When you are finished, talk with an adult family member or other trusted adult about your answers. See if he or she has ideas to add.

Get More Information Online!

Share these websites with your family. Suggest that you visit them together. If you do not have Internet access at home, go to the library. Ask to use their computers.

Find out more about the United States Department of Agriculture's MyPlate and what foods are recommended for healthy eating. Visit this website at www.ChooseMyPlate.gov. This website also lets you create a personal plan for what to eat by entering your age, gender, and activity level

The United States Department of Agriculture has many other useful sites. Try these.

Food and Nutrition Services:
www.fns.usda.gov
Food and Nutrition
Information Center:
<http://fnic.nal.usda.gov>

Kids.gov: the U.S. Government's Official Web Portal for Kids has great information for young people on lots of different topics including health. Visit it at kids.usa.gov.

Eating Healthy Foods at Home

We have discussed the family worksheet, "Eating Healthy Foods at Home."

Signature of a Family Member or Other Trusted Adult

Signature of Student

